

CREWKERNE RUNNING CLUB email

CREWKERNE RUNNING CLUB WEBSITE : www.crewkernerc.btik.com

25 October 2010

Hi all

PARRETT TRAIL



A picture of Crewkerne Running Club's competitors and helpers

Clive reports on the Cardiff Half Marathon 2010

Highlight of my year so far was the arrival of my birthday to put me in the old farts category and the training up to attempt a good half marathon time. I chose Cardiff as it was a large event attracting in excess of 11,000 runners. Checked last years winning time in my age group and thought "i'll have a go at that to better it". Training went well. Put in a couple of races. Started to run a little tired so thought i had "peaked too early". Never mind. Took an easy week leading up to the event. Left town 5.30 on the Friday evening and using sat nav went straight to our hotel. Saturday was spent around the shops. What an impressive shopping centre. Ladies will like this one. Had the customary pre race run of fish and chips. Back to hotel for a pint and watch X factor. Early night. Breakfast in bed of corn flakes. Had to de-ice the car at 7.30 when we left. Only 3 miles away to park the car. A lot of people around allready. Sun was out so made a rash decision to take off the tracksters. Race started at 9.05. I was 7 rows back from the line on Lloyd George Avenue. The race went straight through the main shopping street and past the castle. A lot of people were on the course. Went through the first mile in 6.06. Felt good. Ran through Bute Park which was lovely. Sun straight in the eyes so missed mile marker but with the Garmin was ok. Did 5miles in 30.46 which is quicker than i ran the Weston Prom

5 miler two years ago. Was in a group which i could stay with so checking Garmin occasionally i could see the pace was pretty usefull. Saw Elaine at 8 mile. Ran across the barrier and back into the dock area. Crowds were quite impressive cheering etc. Heard the tannoy in the distance and passed the finnish line on the opposite side of an awfully long road which did a180 turn down to the finnish. Raised the pace a little but was grim. So glad to get over the line and stop. Checked my Garmin and saw the time and the distance. Could hardly believe either. 1.20.55. Turns out the distance was incorrect due to an alteration to the route because of some scaffold. What a bummer. Never mind, brilliant time. Had a text come through a little later from the event giving the time i achieved. That was a new one. Turns out i was 1st vet 60. In summary, a real P.B course. Other than Yeovilton 5k, i have never run on such a flat road. Stayed in Cardiff for a third night and went to Tyntesvil on the way home. National Trust Property. Walking was not easy for 2 days but am on the move again and looking for the next challenge.

VIRGIN LONDON MARATHON 2011- A message from our secretary

Dear All

After sending off in July to the Virgin London Marathon (VLM) Team I have eagerly been waiting for the reply which arrived today. The club has been allocated 2 guaranteed entries to the run as we are a Paid up UKA club.

For those who are not familiar, we have 2 places that we can offer to club members as we feel fit. We open this up to a club draw that will take place either in November or at the Christmas dinner.

We do set certain criteria to this draw as laid down in the club rules which will give priority to members who have met all of the following;

Applied and been rejected from the 2011 VLM application process (keep any rejection letter please)
Who's First claim club is Crewkerne Running Club
Who has paid this years subs by the 1st of May 2010
And has not received the club place in the preceding 3 years.

If not enough people meet all of above then it will be down to the committee to decide on lesser qualifications based on above. We will usually draw a reserve as we can swap runners details until February time just in case someone has to withdraw due to injury or illness over Christmas/ January

Currently I already have 3 names:- Elaine Priest, Witney Symon and Dave Rowe (who had the club place in 2009)

Please Email, ring or write to me by Tuesday 12th November

Thanks
Martin Cook
Hon Sec

Lifestyle Aqua Centre – Malcolm Reports

Richard would you please add to the next Newsletter. I have secured corporate membership for the running club for the members of the running club so before you renew your membership check on the discount. This can be checked with Tom Baker at the centre or on Running nights. I will send out more information when I receive it.

Thanks

Crewkerne Running Club Website – Any Volunteers?

Hi all,

Just a thought but I wonder if anyone would like to recreate the CRC website on the new format. The current ones will be closed at the end of this month but we have the option of building new free sites with BT. I have done the Haselbury Trail one and I am working on the Parrett Trail and Martin Cook is working on the Full Monty. I was hoping to do the main CRC site as well but there is so much stuff there that I don't have the time (or the inclination!) to pull it all across.

As I didn't create it I have asked BT to make it available to me and they will probably do that tomorrow so that I could re-allocate it.

If it is left to me we will have a new 'clean' site with much of the historic stuff (which hasn't been changed for years) lost.

Whatever happens it will have to be done before the end of October.

Derek

BATH HALF MARATHON 2011 – Charity Places

Dear Martin,

Do you know anyone who could run the Bath Half Marathon 2011 and help a local charity raise much needed funds?

SWALLOW, a registered charity supporting people with learning disabilities based in Midsomer Norton has guaranteed places in the race next year. If you, or anyone you know is interested in obtaining one of these entries please contact me on 01761 414 034.

Please find attached a poster and a leaflet giving more information, if you are able to circulate these to your contacts that would be really helpful.

For more information on what SWALLOW does go to www.swallowcharity.org

Your support will make a real difference to local vulnerable people.

Kind regards

Michelle

Could **YOU** go the extra mile
to help a local charity?

Bath Half Marathon

Sunday 6th March 2011

We need your help to raise money to support
people with learning disabilities

We have guaranteed places in the Bath Half Marathon 2011.
Find out how you can run for us and make a real difference

to local lives.
Call 01761 414 034 or visit:
www.swallowcharity.org

SWALLOW is a local charity providing support for people with learning disabilities in Bath and North East Somerset

The Old Engine House, Old Pit Road

Midsomer Norton. BA3 4BQ

Email: info@swallowcharity.org

*****I have emailed Michelle to ask how much sponsorship SWALLOW might ask their runners to raise to secure a place but so far I have had no reply.*****

And Finally.....

Clive has sent me the following

This is your opportunity to purchase the now famous "George's xmas cake" as hungrily sampled at many running club events. If you wish to put one, or more, on order, they are priced at £6.00 each. To order, send e-mail direct to, george.rawlings@tiscali.co.uk. Or tell Clive and i will sort. i would think you have a time slot of 2 week's to make your mind up. His tin's, soon fill up.

This Week's Running

This week there are the normal Wednesday and Thursday evening club runs meeting at the Lidl's car park and starting as usual at 6.30pm

With the evenings drawing in torches and reflective gear are now essential

Sunday as far as I know there will be the usual club run again meeting at the Lidl's car park starting at 9.30am

Please always run with safety in mind at all times and treat traffic with respect - we do not want any accidents.

I look forward to seeing you running

Richard



Dates for your Diary !!!

Sunday 31st October 2010 – Stickler – Dorset 3 Pweaks Challenge

Saturday 6th November 2010 – Yarcombe Yomp

Sunday 7th November 2010 – Ilminster Lions 10K

Sunday 7th November 2010 – Tidworth 10K

Sunday 28th November 2010 – Brent Knoll 5.5 mile

*Saturday 18th December 2010 – **Crewkerne Running Club** Christmas Dinner*